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FOR IMMEDIATE RELEASE

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DIABETES SUPPORT GROUP HOSTS TEAM TYPE 2 CYCLIST

WHO: Arkansas Methodist Medical Center and Moms of 1's Support Group for Mothers of Children with Type 1 Diabetes

WHAT: Team Type 2 Cyclist Tim Dolan

WHEN: Tuesday, November 10, 2009 from 5:30 pm-7:00 pm

WHERE: Arkansas Methodist Medical Center Professional Office Building Auditorium
1000 W. Kingshighway, Paragould

WHY: Phil Southerland, a young athlete with diabetes, came up with the idea for Team Type 1, during a 300-mile bike ride between Athens, GA and Tallahassee, FL. He said, "I want to use the bike as a platform for diabetes the same way Lance Armstrong did for cancer." Team Type 1 was created in 2005 by Southerland and his friend Joe Eldridge. The team competes in different cycling events throughout the country and overseas.

Team Type 1 has expanded to include Team Type 2. Team Type 2 is composed of 18 members including Tim Dolan, who was diagnosed with type 2 diabetes in 2002. Tim Dolan will be the featured guest at Arkansas Methodist Medical Center's diabetes awareness event on Tuesday, November 10th. The team's motto, conceived by one of their members, is "Ride or Be Ridden" meaning "you can either control your diabetes or let it control you."

For more information, please call 870-239-7016

A recognized leader, Arkansas Methodist Medical Center in Paragould provides progressive, compassionate healthcare to residents throughout Northeast Arkansas and Southeast Missouri. Additional information about AMMC is available at: www.arkansasmethodist.org.